

"15 Minute Advantage" with Dr. Bill Dymant

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essential reading on personal excellence



Dr. Henry Cloud:
"Integrity : The Courage to Meet the Demands of Reality"

When we think of "integrity" we generally think about moral character, i.e., not cheating on your taxes. Dr. Cloud reveals that morality is only one small part of having integrity or being "whole." For example, if you've ever wondered why some people have great strengths but are derailed by seemingly small obstacles, you have just witnessed their lack of "integrity" in action. How much integrity do you have?

SEPTEMBER 05, 2008

» Show Notes, Podcast #5-- September 3, 2008: "Count the Cost, Experience the Joy- An Interview with Don Schoendorfer, FreeWheelChairMission.org"



In this podcast, we visit with Don Schoendorfer, head of FreeWheelChairMission.org based in Irvine, CA. Don was recently awarded one of three "Above and

Beyond" awards given to civilians who have performed extraordinary acts of service. The award is chosen by another group of extraordinary individuals--those who have themselves received the Congressional Medal of Honor for acts of bravery defending our country on the battlefield.

To date, Don has given away over 340,000 wheelchairs--a wheelchair he originally designed in his garage in Orange County, CA. His recipients are among the poorest of the poor around the world. His goal: To distribute 20 million wheelchairs, 20% of the estimated world need. We wish him every success and hope in some small way this podcast will help further his dream. He is truly doing God's work. To see the impact of his efforts, visit his website and watch any one of the many video clips showing the journey from the dirt to dignity that Don's work makes possible for so many.

Guest Contact Information:

Don Schoendorfer,
www.FreeWheelChairMission.org

Phone: 949.273.8470

11:41 PM | [Permalink](#) | [Comments \(4\)](#)

SEPTEMBER 08, 2007

» Show Notes, Podcast #4-- September 7, 2007: "Are You

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- » Show Notes, Podcast #3--
July 26, 2007: "Conquer Your Clutter- An Interview with Penny Lambright, founder of Clutter Cleaners."
- » Show Notes, Podcast #2--
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June 26, 2006: "Making Big Changes Permanent: An Interview with Sal Fazio."
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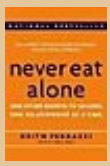
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David Allen: "Getting Things Done"

Do you pride yourself in being a multi-tasker or carrying a lot of to-

dos and facts in your head? Why? Allen challenges us to use our brain for much higher-order functioning than merely storing information we can easily have at our fingertips. His system helps us to "free up the RAM" that can grind productivity to a halt and run at a level of efficiency most people never achieve. What suffers when our minds and schedules are full with low-level information and tasks--the very activities that make life worth living for ourselves and others.

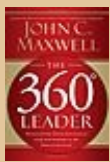


Keith Ferrazzi and Tahl Raz: "Never Eat Alone"

By the time you've finished the first 50

pages of Keith's book, you'll be convinced you "don't get out enough" and that being smart has far less to do with success than cultivating enriching friendships for mutual support and fun. Keith also challenges the time-honored maxim of keeping your personal and business life private by encouraging you to do business with those you can soon call friends.

essential reading on leadership



John Maxwell: "The 360 Leader"

Maxwell's latest installment in his leadership series

takes a unique angle. He encourages his readers to step up into leadership at whatever level within the organization they currently find themselves. His admonition is: "Don't wait until you are at the top to begin to lead."



Marcus Buckingham: "Now Discover Your Strengths"

In this addition to Buckingham's best-

selling series on leadership and management, he argues cogently that successful people must know

Letting Your Obstacles Define You? - An Interview with Kathi Winter"



In this podcast, we interview Kathi Winter. This dynamic woman is spending her life traveling around the world and across America reaching out to those impacted by the world-

wide AIDS epidemic.

I first met Kathi when I heard her speak at Mariners Church in Newport Beach, CA about her life and passion for serving others after contracting HIV from a former boyfriend.

If you have ever felt as if your circumstances disqualified or prevented you from helping others you'll find you have to rethink your position once you hear Kathi's story. She challenges us that it is often in the area of our biggest wound that we end up having the biggest impact in the lives of others. It is a privilege for me to call Kathi a dear friend.

Guest Contact Information:

Kathi Winter

Email Address: kathiwinter@msn.com

08:16 AM | [Permalink](#) | [Comments \(0\)](#)

JULY 23, 2007

» Show Notes, Podcast #3-- July 26, 2007: "Conquer Your Clutter- An Interview with Penny Lambright, founder of Clutter Cleaners."



In this podcast, we explore the epidemic of "cluttering and hoarding" with Penny Lambright, founder of "Clutter Cleaners," an organization which helps individuals and business

de-clutter. For some of us this is moderate but irritating challenge for others it is a crippling handicap that robs the sufferer of self-respect, friends and hope.

I learned about Penny when I read an article about her work in our local paper, The Orange County Register. She has also appeared on Dateline.

I'm sure you'll enjoy learning about her tips to get and stay

their top five skills and he has the assessment to deliver them. With the purchase of the book comes a passcode for an online assessment which reveals your strongest work skills out of a possible list of 33 abilities. Top performers know these areas instinctively and continually "prune" their work activities so that over time they are spending nearly all their efforts in the areas they function best. Know what your five areas are truly affords you with an almost unfair leadership advantage.

clutter-free.

Today's article offer:

In today's podcast we are offering listeners my article entitled: *"10 Simple but Incredibly Effective Ways to Get and Stay Organized."* If you would like to receive this article just email us at our website:

www.15MinuteAdvantage.com

Guest Contact Information:

Penny Lambright, Clutter Cleaners.

www.cluttercleaners.com,

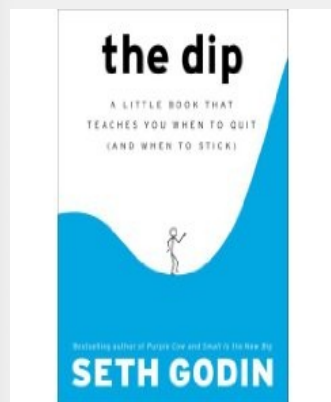
9121 Atlanta Ave., #470

Huntington Beach, CA 92646

Phone: 877.NO Chaos (877.662.4267)

Email Address: info@cluttercleaners.com

Our Featured Book: *The Dip: A Little Book That Teaches You When to Quit (and When to Stick)* by Seth Godin.



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JANUARY 24, 2007

» **Show Notes, Podcast #2--
January 23, 2007: "An
Interview with Best-selling
Author of *Getting Things***

Done, David Allen."



On today's "15 Minute Advantage" podcast, David Allen, America's productivity guru and author of the best-selling book, "Getting Things Done," shares what it takes to achieve top efficiency as we execute our personal and business tasks. A few simple but strategic changes in the way we manage our workflow can make all the difference enabling us to end procrastination and to take on new projects that we have long lamented we didn't have time to pursue. You'll find David's techniques inspiring and informative.

I began to learn and implement David's productivity principles two years ago and it has changed my business and my personal life freeing me up to take on a number of service projects I would otherwise have had no time to pursue. "Getting Things Done" in book or audio format is a must-purchase for those who want to do more to excel in their career goals, family activities and in service to others.

Today's Article Offer:

Click the following link to request Dr. Dymont's free article: "Small Steps You Can Take to Make Your Goals a Reality."

request@15minuteadvantage.com

Guest Contact Information:

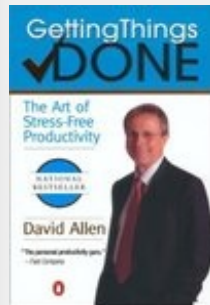
David Allen, Website: www.Davidco.com

The David Allen Company
1674 McNell Road
Ojai, CA 93023

805-646-8432

Our Featured Book: *Getting Things Done* by David Allen

- **Publisher:** Penguin, 2002
- **ISBN-13:** 978-0142000281



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AUGUST 01, 2006

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To listen to "15 Minute Advantage" Just click on the link

below:

<http://www.drillbillspeaks.com/15minuteadv.htm>

"15 Minute Advantage," a podcast which highlights personal and business excellence, is hosted by Dr. Bill Dymont.

A top O.C.-based trainer and consulting psychologist, Dr. Dymont interviews the topic's most intriguing thought leaders, reviews ground-breaking books and highlights break-through techniques which can transform personal and business effectiveness.

His busy listeners include leaders, executives and all those who want to do much more and know they must continually be learning new strategies to stay within their "zone" of greatest impact. For many, a 15-minute shift in focus is essential to review, reprioritize and initiate new directives for their personal and business lives.

"The Challenge," explains Dymont: "Some part of your life and work must be spent on those tasks you simply must do instead of those activities you have to do."

A veteran traveler to some 30 countries, many of those ravaged by poverty and AIDS, Dr. Dymont, also urges his listeners to make serving those who have no voice, here or abroad, a core part of every "successful life."

02:29 PM in [Listen to "15 minute Advantage" Now](#) | [Permalink](#) | [Comments \(0\)](#)

JULY 07, 2006

» Show Notes, Podcast #1-- June 26, 2006: "Making Big Changes Permanent: An Interview with Sal Fazio."



On today's "15 Minute Advantage" podcast, Sal Fazio, American Council on Exercise Certified Personal Trainer, shares about his own transformation and what it takes to achieve permanent change. Twelve years ago Sal weighed

310 lbs. He lost 140 lbs and has kept it off ever since.

Whether your goal is to get in shape or get a promotion, you'll find Sal's candid story and techniques inspiring and informative.

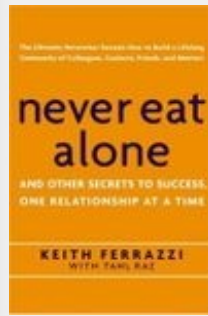


Guest

Contact Information:

Sal Fazio, fit@sal4life.com Website: www.sal4life.com Interview location: Sports Club LA-Irvine, CA 949.975.8400

Our Featured Book Review:



"Never Eat Alone" by Keith Ferrazzi and Tahl Raz. Publisher: Currency (February 22, 2005) ISBN: 0385512058 Available at your local book superstore or at Amazon.com

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Article offer: click the following link to request Dr. Dymment's free article: "The 9 skills you must have to succeed in the 21st century." request@15minuteadvantage.com

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JULY 05, 2006

» Welcome

Welcome to the "15 Minute Advantage" weblog.

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